



FEDERAL OCCUPATIONAL HEALTH

Improving the health, safety, and productivity of our Federal employees.



DIJON-PARMESAN CHICKEN BREASTS

Ingredients:

- 3/4 cup Fiber One® original bran cereal
- 2 tablespoons grated Parmesan cheese
- 1 teaspoon dried basil leaves
- 1/4 teaspoon garlic salt
- 1/4 teaspoon coarse ground black pepper
- 1 egg white, beaten
- 2 tablespoons Dijon mustard
- 4 boneless skinless chicken breasts (about 1 1/4 lb)
- 1 tablespoon canola or vegetable oil



Directions:

1. Heat oven to 400°F. Spray 15x10x1-inch pan with cooking spray. Place cereal in re-sealable food-storage plastic bag; seal bag and finely crush with rolling pin or meat mallet (or finely crush in food processor).
2. In shallow bowl, mix cereal, cheese, basil, garlic salt and pepper. In another shallow bowl, mix egg white and mustard until blended.
3. Dip chicken into egg white mixture, then coat well with cereal mixture; place in pan. Drizzle oil over chicken.
4. Bake 20 to 25 minutes or until juice of chicken is clear when center of thickest part is cut (170°F).

Nutrition Information: 1 Serving (1 Serving), Calories 270 (Calories from Fat 90), Total Fat 10g (Saturated Fat 2g, Trans Fat 0g), Cholesterol 90mg; Sodium 430mg; Total Carbohydrate 10g (Dietary Fiber 5g, Sugars 0g), Protein 34g; **Percent Daily Value***: Vitamin A 6.00%; Vitamin C 2.00%; Calcium 10.00%; Iron 15.00%, *Percent Daily Values are based on a 2,000 calorie diet.

Nutritionist Notes:

- Low in fat
- High in fiber